



Sunday Setup – WEEK 1

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RECIPES & INGREDIENTS

BREAKFAST – BAKED OATS (original recipe x 4)

480g mixed berries (use fresh or frozen)
 8 eggs
 320g rolled oats
 400ml milk (semi-skimmed/whole or dairy free)
 8 tsp runny honey
 2tsp baking powder

SNACKS – BANANA CAKE

75g unsalted butter, plus extra for greasing
 100g caster sugar
 2 eggs
 225g self-raising flour
 3 bananas

SNACKS – MINI CRUSTLESS QUICHES

Olive oil
 6-8 ham slices
 8 eggs
 150ml milk
 300 g mixed vegetables (choose whichever you prefer)
 12 cherry tomatoes
 100g Cheddar cheese

LUNCH – BROCCOLI & CAULIFLOWER SOUP (original recipe x 2)

800g broccoli
 800g cauliflower
 3 onions
 4 garlic cloves
 1.5 ltr vegetable stock
 600ml milk
 240g Cheddar cheese

DINNER – SLOW COOKER CHILLI (original recipe x 2)

1.5 kg beef mince (5% fat)
 2 onions
 4 x 400g tin chopped tomatoes
 4 x 400g tin red kidney beans
 150g tomato puree
 4 beef stock cubes
 6 tsp ground cumin
 2 tsp cayenne pepper
 4 tsp dried oregano
 8 tsp garlic granules
 Sea salt and freshly ground black pepper
 50g dark chocolate (70% cocoa)
 4 green peppers

MEAL ONE – LOADED WEDGES

1kg potatoes
 2 tbsp sunflower oil
 2 tsp garlic granules
 2 tsp paprika
 125g Cheddar cheese
 2 spring onions

MEAL TWO – CHILLI JACKET POTATOES

4 baking potatoes
 Sunflower or olive oil
 100g Cheddar cheese
 SIDE DISH: bag of salad

MEAL THREE – CHILLI BEEF BURRITOS

4 large tortilla wraps
 125g Cheddar cheese
 250g microwavable rice pouch
 SIDE DISH : tortilla chips

VEGETABLE TRAY

Carrots
 Celery
 Cucumber
 Cherry tomatoes
 Houmous

FRUIT SALAD

Raspberries
 Strawberries
 Blueberries
 Mango

SHOPPING LIST

FRUIT & VEG

- 5 onions
- 4 garlic cloves
- 1kg white potatoes
- 4 baking potatoes
- 800g broccoli
- 800g cauliflower
- 300g mixed vegetables (choose whichever you prefer for the quiches)
- Carrots
- 4 green peppers
- 12 cherry tomatoes (+ extra for vegetable tray)
- Cucumber
- Celery
- 2 spring onions
- Bag of salad
- 3 bananas
- 480g mixed berries (use fresh or frozen)
- Raspberries
- Strawberries
- Blueberries
- Mango

MEAT & FISH

- 1.5kg beef mince (5% fat)
- 6-8 ham slices

FRIDGE/FREEZER

- 1250ml milk (semi-skimmed/whole)
- 690g cheddar cheese
- 75g unsalted butter, plus extra for greasing
- Houmous

EVERYTHING ELSE

- 18 eggs
- 4 x 400g tins chopped tomatoes
- 4 x 400g tins red kidney beans
- 4 large tortilla wraps
- 250g microwavable rice pouch
- Bag of tortilla chips
- 320g rolled oats
- 50g dark chocolate (70% cocoa)

STORECUPBOARD

- Olive oil
- Sunflower oil
- Sea salt and freshly ground black pepper
- Tomato puree
- Vegetable stock cubes
- Beef stock cubes
- Garlic granules
- Ground cumin
- Cayenne pepper
- Paprika
- Dried oregano
- Runny honey
- Baking powder
- Caster sugar
- Self-raising flour

happy cooking, Sarah x

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FUSS FREE FAMILY FOOD

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